

We help your populations **transform** their lives through better health.



A personalized virtual care platform for physical and behavioral health that activates your population, supports them through every part of their health journey, and delivers tangible health outcomes.



60% of Americans have at least one **chronic condition**



1 in 4 have a **behavioral health condition**



Highest **claim costs** typically come from individuals with multiple **chronic conditions**

Vida was designed from the start as a single solution to address the whole health spectrum, from physical, mental/behavioral, and chronic conditions. We can support those who want to maintain their health to those at risk for or living with single or multiple chronic conditions and could use behavioral health support.

WHY WE'RE DIFFERENT

Vida uniquely marries the human element with machine learning to deliver content, lessons, accountability, and recommendations in a consumer-friendly digital application. Our expert care team provides one-on-one guidance and accountability while our best-in-class machine learning allows us to further personalize each participant's experience and seamlessly manage comorbidities.

Cover the Whole Spectrum of Health

- Support individuals with multiple chronic conditions—including those at the intersection of physical and behavioral health
- Our breadth provides the ability to support your employees wherever their health journey begins

Address Underlying Behaviors

- Our evidence-based programs account for Individual health choices, behaviors, and risks that underlie clinical conditions
- The depth of tackling root causes of poor health drives more lasting health outcomes

Bring a Human Touch

- Our care team is made up of human coaches, licensed therapists, and other health professionals
- Trust-based relationships and supportive accountability encourage high engagement
- Access through weekly audio, video consults, and chat

Personalize through Machine Learning

- Advanced machine learning ensures each person gets a customized and engaging experience
- Data science leveraged to provide curated content, and lessons, and recommendations to support healthy habits

OUTCOMES MATTER

Health outcomes

- **Anxiety & Depression**
50% reductions in measures of anxiety (GAD-7) and depression (PHQ-8) by week 18
- **Stress Management**
30% reduction in reported stress score (PSS-10)
- **Weight Loss & Prediabetes**
39% of participants lost >5% of their total body weight at month 6
- **Hypertension**
76% of participants reversed hypertension by one stage¹



Cost savings²

- 13% reduction in medical expenses in first-year
- \$580 average first-year savings in medical expenses per employee

Engagement³

- >90% of participants completed a 16-week program
- 9.8/10 average user satisfaction rating
- +68 Net Promoter Score










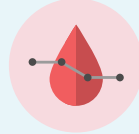




¹Based on a 1,000 person cohort with national payer

²Based on analyses completed by Evidation Health of 1,000 person study with national payer

³Based on a 1,000 person cohort of a national payer

EVIDENCE-BASED PROGRAMS

We offer a full suite of evidence-based behavior change programs across lifestyle, chronic, and behavioral health conditions. You can offer a single program as a complete vertical solution or the full platform to meet your employee's needs.

CHRONIC			BEHAVIORAL	LIFESTYLE		
 COPD	 Hypertension	 Hyperlipidemia	 Depression	 Smoking Cessation	 Weight loss	 Exercise
 Asthma	 Pre-Diabetes	 Diabetes	 Anxiety	 Sleep	 Stress Management	 Nutrition

TRUSTED BY THE FOLLOWING ORGANIZATIONS

